Retirement: Envisioning A Fresh Future!

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They call “it” our…

Sunset years, and what does that short phrase conjure up in your mind?
In our short hour together…

- Bring ourselves Present—a fresh-eyed look at retirement!
- Identify our “retired” selves
- Explore letting go of concerns we might be creating through COVID-19 thinking
- Imagine what thinking/feeling/doing we want to live in as we experience ourselves, our relationships, & our world
Our NOW…

Where are YOU in your BEING right NOW?
Planning is good…

“You plan everything in life, and then the roof caves in on you because you haven’t done enough thinking about who you are and what you should do with the rest of your life.”

--Mr. Lee Iacocca,
Retired Chairman of Chrysler Corporation

As is the capacity to…

Be at peace with what is…
You are only as Free as…

You believe you are.
As said by Viktor Frankel, author of Man’s Search for Meaning:

“Everything can be taken from a man but one thing: the last of the last of the human freedoms—to choose one’s attitude in any given set of circumstance to chose one’s own way.”

The Most Difficult Adjustments…
(it’s all mindset)

• Monotony, boredom
• Lack of purpose
• Lack of intellectual stimulation
As humans, we are always...

Feeling our thinking!
(Note: Why Zebras Don’t Get Ulcers, by Sapolsky)
So we’re looking a different beginning to retirement than you envisioned (Pandemic!)…

• Social and family gatherings?
• Travel?
• Your health and that of those you love?

How will you stay in a good place while awaiting a vaccine?

• Create your personal plan to keeping yourselves and others safe…
• Do not over-watch/think about the virus
What is your mindset regarding…

- Your resilience (ability to navigate change)
- Your relationships: professional, friendships, and family members
- Your belief in your continuing contribution to your community
- Your health & relaxation
- Your financial future

Resilience – Adapting to Life Changes

- Major Life Changes occur after 60
  - Ability to manage ever-present change
  - Ability to remain curious and learn
  - Ability to “bounce back”
  - Ability to maintain sense of “hope”
Resilience – Adapting to Life Changes

Questions:
1. How do you react, emotionally and behaviorally to change?
2. What are ways you can begin to think, feel and behave differently to reflect greater resilience?

Social – Building a Strong Network

• Necessary for retirement satisfaction
• Greater predictor than wealth or health
• Good relationships take
  – Effort
  – Time
• What part of your network is from work
Social – Building a Strong Network

Questions:
1. What does your social network look like today?
2. Do you anticipate a “different” network after retirement?
Family – Managing Changing Relationships

Questions:
What would you like to strengthen in your primary relationship?
How close to your children do you want to live?
What role do you want to play in your parents’ lives?
Purpose – Living a Meaningful Life

Questions:
1. Can you identify what brings joy and excitement to your life?
2. Are there activities outside of work that energize you?
3. Can you describe a time when you felt vibrant and alive?

Relaxation – Ensuring Life Balance

• A leisurely life not a life of leisure
  • Activities that renew – rejuvenate
  • Recent poll 41% of retirees bored
  • Leisure must be a contrast to the regular routine of our days
Relaxation – Ensuring Life Balance

**Questions:**

1. What leisure activities do you enjoy today?
2. What are your beliefs about the value of leisure and the role that leisure plays in your life?
Health – Maximizing Holistic Wellness

- Retirement may be longest of life’s stages
- Wellness is multifaceted
  - Body
  - Mind
  - Emotions
  - Spirituality/Beliefs
- Compressed morbidity
Health – Embrace a Healthy Perspective & Keep Moving!

Question:

What healthy practices are you imagining for yourself?

Financial – Securing Your Future

• Confidence in your financial future (so much of this is your mind-set) give you freedom to focus on all of the other elements of a successful retirement.
A few thoughts to bridge your life from full-time work to retirement…

1. Voice expectations and negotiate their viability with close relations

Continued…

2. Raise your awareness of thoughts/feelings that take you from your good feelings – notice fear thinking, bring yourself present to diminish
Continued…

3. Keep moving physically – whether it’s walking, swimming, yoga, etc.

Continued…

4. Be of service to others!
Continued…

5. Believe in possibilities & your own resilience!

Enjoy bridging from work-life to retirement!

YOU’VE GOT THIS!
ENJOY THIS NEW VENTURE INTO RETIREMENT!!
EAP Benefits

- 24-hour phone support – (800) 327-4692
- Free in-person counseling sessions
- Financial Consultation
- Legal Consultation
- Eldercare/Childcare Resources
- Identity Theft
- Life Coaching

FREE & CONFIDENTIAL services for YOU & ANYONE living in your household!